

SEMINOLE NATION DIABETES PROGRAM

(Semvnole Etlwv Vsukla-Ocakat Emvnicety)

LIFESTYLE BALANCE

DIABETES PREVENTION CLASSES

What is Lifestyle Balance?

- Lifestyle Balance Classes are designed for those individuals who are interested in improving their health and either preventing or delaying Type II Diabetes, but everyone is welcome and can benefit from this course.
- You will learn how to lose weight through healthy eating. You will become more physically active.
- This program will help you learn the facts about healthy eating patterns. You will learn how to track what you eat and drink.
- In these classes you will learn what makes it hard for you to eat healthy and learn how to overcome obstacles.

The classes are **free** and **open to the public.**

Classes will begin on **Tuesday,**
November 1 –December 20, 2016
@ 4:30 PM

Classes will be held the following 8
Tuesdays at 4:30 PM

(Ennvrvkpv Enhvvytke,
Tasahce-Rakko ostvpaken)

Cvfeknē Wellness Center
Mekusukey Mission
Seminole, OK

FOR MORE INFORMATION AND
TO SIGN UP FOR THE CLASSES
Please RSVP by Oct 21, 2016

Please call the Seminole Nation Diabetes
Program at 405.234.5276 or e-mail at
haffey.l@sno-nsn.gov.

Don't forget classes will be starting soon!